

Health Education and Wellness Program

This unit is a component of Student Health & Counseling Services. Its mission is to provide the North Carolina Central University student body with current information and resources that will assist them in developing healthy attitudes and behaviors to achieve and maintain optimal physical and emotional well-being.

Through creative presentations of a range of programs, information covered will include but is not limited to: sexual health, healthy relationships, alcohol and other drugs, sexuality, nutrition, eating concerns, smoking cessation, depression, anxiety, fitness, stress management, and an almost endless array of health topics.

The Health Enhancements and Wellness Unit works collaboratively with the entire Student Health & Counseling Services staff, as well as other University departments and organizations to achieve a campus culture that values the development of healthy behaviors and supports a healthy community.

Students interested in volunteering or becoming peer educators on various health and wellness topics may contact Ms. Vanda Davis.

Contact Information:
Room 116, Old Health Building
(919) 530-7337 Fax: 530-7969
Email: vandavis@ncu.edu

North Carolina Central University

Student Health & Counseling Services

A Department in the Division of Student Affairs & Enrollment Management

Health Enhancements & Wellness Services



**Presentation Topics and
Program/Speaker Request Information**

PRESENTATION REQUEST REFORM

(PLEASE PRINT)

Topics/Presentations

Topic Area or Program(s):

1. _____
2. _____
3. _____
4. _____

Presentation Date(s): At least two weeks notice required.

- | <u>Day</u> | <u>Date</u> | <u>Time (From/To)</u> |
|------------|-------------|-----------------------|
| 1. | _____ | _____ |
| 2. | _____ | _____ |
| 3. | _____ | _____ |
| 4. | _____ | _____ |

How will you market/advertise this program?

Your Name: _____

Group/Class/Dept. _____

Presentation Location: _____

Audience Size: _____ Email: _____

Phone #: _____ Cell#: _____

Campus address: _____

Please return this Request Form to the Student Health Building, room 116 or fax to 530-7969. For additional information, call 530-7337.

A confirmation will be provided to reserve your presentation slot

- **For Men Only**-This program allows an open discussion for men about the issues that threaten their health and well-being. Testicular cancer, alcohol, steroid, and other drug use, the male role in preventing sexual assault, unplanned pregnancy, and sexually transmitted infections, and the differences in social roles of males and females in today's society.
- **Let's Talk**-this program provides open discussion on ways to have a healthy relationship by communicating effectively, and establishing gender-neutral roles with your partner. Discussion on difference between love and lust. **Target audience: Women and Men combined.**
- **Eat Smart Be Active Made Simple**-Learn about the NCCU Eat Smart Be Active Initiative and what it takes to eat healthier for more energy and effective weight management. We'll review the NEW Food Pyramid Guidelines and what they mean & offer practical tips for eating well on and off campus. *May also include a food demonstration section if requested.
- **Sexual Sense or SHOCK**-Discuss how some sexual behaviors have the greatest risk for disease transmission. Come learn about viral and bacterial STDs. Learn how to prevent exposure, how to get an STD screening and how some STDs are treated (**SHOCK includes very graphic photos**)
- **HIV101**- Learn basic HIV/AIDS information, including info on testing and counseling services available in the community and on campus. (**upon request STD/HIV presentations may include components of SHOCK, STD/HIV Jeopardy, or be combined with Project SAFE).
- **EMPOWER**-Nervous about your GYN exam? Wonder what it's like to get a Pap smear and why you need one? During this program you will learn about different exams, procedures and tools, and contraceptive options at SHCS, you may also meet a provider.
- **Diabetes 101**-This program helps diabetics learn how to take better care of themselves to prevent future problems. It also educates people without the condition about diabetes and how to help someone who may be having a low or high blood sugar episode.
- **STRESSless**-This session provides insight on how stress impacts the body physically and will teach breathing and stress relief techniques.
- **Other topics can be provided. Most programs are 45-60 minutes or longer; but can be tailored to fit your needs or we can refer you to the right sources.**

Please discuss your program needs with Ms. Davis at (919) 530-7337.